

MARCH 2019

YES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CIRCUIT TRAINING - 9:45am YES YOGA 10:50am
4 CIRCUIT TRAINING 9:45am BIRTHDAY CELEBRATION 10:30am IN CAFE	5 NO CLASSES MARDI GRAS	6 CIRCUIT TRAINING - 9:45am YES YOGA - 10:50am	7 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	8 CIRCUIT TRAINING - 9:45am YES YOGA 10:50am
11 CIRCUIT TRAINING 9:45am	12 CIRCUIT TRAINING - 9:45am ZUMBA GOLD - 10:50am RESTORATIVE YOGA - 11:30am	13 CIRCUIT TRAINING - 9:45am YES YOGA 10:50am	14 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	15 CIRCUIT TRAINING - 9:45am YES YOGA - 10:50am
18 CIRCUIT TRAINING 9:45am	19 CIRCUIT TRAINING - 9:45am ZUMBA GOLD - 10:50am RESTORATIVE YOGA - 11:30am	20 CIRCUIT TRAINING 9:45am YES YOGA 10:50am	21 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	22 CIRCUIT TRAINING - 9:45am YES YOGA - 10:50am
25 CIRCUIT TRAINING 9:45am	26 CIRCUIT TRAINING - 9:45am ZUMBA GOLD - 10:50am RESTORATIVE YOGA - 11:30am	27 CIRCUIT TRAINING 9:45a YES YOGA 10:50am	28 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	29 CIRCUIT TRAINING - 9:45am YES YOGA - 10:50am WINE TASTING 11:00AM

CLASS / ACTIVITY	LOCATION	DESCRIPTION
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Y.E.S. CIRCUIT TRAINING
9:45am - 10:30am

CIRCUIT STUDIO

This total body workout combines cardiovascular, strength and endurance in one exercise session using complete *Strive Circuit*.

Y.E.S. YOGA
10:50am - 11:50am

MIND/BODY STUDIO

This class focuses on the development of core strength, alignment, balance, flexibility and breathing techniques for mature adults.
**Chairs are available for those not able to get onto the floor comfortably.*

ZUMBA GOLD
10:50am - 11:50am

STUDIO ONE

This class is for active older adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

RESTORATIVE YOGA
11:30am – 12:30am

MIND/BODY STUDIO

Class begins with a slow flow to warm the body, open the joints, and deepen the breath. Restorative poses with props are then integrated and held for 3 to 5 minutes. This is great preventative work for athletes who do intense training.

Wine Tasting at Martin's Wine Cellar (Village Shopping Center Mandeville)

Friday, March 29
11:00am - 12:00pm

Join us for a private wine tasting event. You will taste great value wines from around the world. Red and white wine from France, Spain and Italy.

Member: \$8
Non-Member \$10

